

IN THE SPECIFICATION:

Please amend the paragraph at page 2, lines 8 to 13, as follows:

If the bras are of a suitably stiff material to reduce unwanted breast movement, they tend to be uncomfortable. Manufacturers have attempted to address this problem by making sports bras out of an elastic material such as Lycra® brand elastic material. However, for some women, especially women with larger breasts, this elasticity can actually add to unwanted breast movement. For other women, elastic sports bras simply do not provide adequate relief unless they are so elastic as to be uncomfortable. Even with such strong elastics, adequate relief may not be realized.

Please amend the paragraph at page 2, lines 17 to 23, as follows:

Accordingly, what is needed is a restraint that reduces breast movement while a person exercises or performs other activities. The invention addresses this need through a restraint including a strap that fits across the tops of the person's breasts, under the person's arms, and around the person's back, and that also includes an adjustable fastener for fastening the strap together. At least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities.

Please amend the paragraph at page 3, lines 11 to 13, as follows:

a3
Preferably, the strap is all of a single elastic material and the fastener is a hook-and-loop (e.g., Velcro®) ~~velcro~~ fastener. The restraint can be adapted to be worn in addition to a bra. Alternatively, the strap of the restraint can be incorporated into a bra such as a sports bra.

Please amend the paragraphs at page 4, lines 13, to page 5, line 2, as follows:

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Briefly, excessive breast movement is reduced while a female or other person exercises or performs some other activity. This reduction in movement is achieved through use of a restraint that includes a strap that fits across the tops of the person's breasts, under the person's arms, and around the person's back, and that also includes an adjustable fastener for fastening the strap together. At least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint ~~restaint~~ avoids contributing to movement of the breasts during exercising or other activities.

Thus, Figure 1 shows female 1 wearing sports bra 2 and restraint 3. Restraint 3 includes strap 4 that fits across the tops of breasts 5, under arms 6, and around the female's back 7. At least part of strap 4 is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint ~~restaint~~ avoids contributing to movement of the breasts during

a4
exercising or other activities. Note that in a preferred embodiment, all of strap 4 is of a single elastic material.

Please amend the paragraphs at page 5, lines 9 to 16, as follows:

Restraint 3 also includes adjustable fastener 8, here shown fastened at the female's back 7. Fastener 8 preferably is a hook-and-loop (e.g., Velcro®) ~~velcro~~ fastener, allowing for easy adjustment and a suitably close fit. Of course, other fasteners can be used.

a5
Figure 2 shows a first preferred embodiment of the invention. In this embodiment, restraint 10 includes strap 11 and fastener 12. Strap 11 preferably is at least one inch wide at a portion that fits across the tops of the breasts. In the embodiment shown in Figure 2, strap 11 is all of a uniform width. Figure 2 also shows a preferred hook-and-loop (e.g., Velcro®) fastener 12 ~~made of velcro~~.

Please amend the paragraph at page 6, lines 1 to 5, as follows:

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Figure 3 also shows alternative fastener 16, namely spaced loops and aligned hooks. This fastener is similar to fasteners found on conventional bras. Fastener 16 is not limited to use with the embodiment shown in Figure 3; fastener 16 can be used with the other

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embodiments of the invention described herein. Likewise, a hook-and-loop (e.g., Velcro®) ~~velero~~ or other fastener can be used with the shaped restraint shown in Figure 3.

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Please amend the Abstract as follows:

A restraint that reduces breast movement while a person exercises or performs some other activity, as well as a method of using the restraint. The restraint includes a strap that fits across the tops of the person's breasts, under the person's arms, and around the person's back, and also includes an adjustable fastener for fastening the strap together. At least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint ~~restraint~~ avoids contributing to movement of the breasts during exercising or other activities. The strap preferably is at least one inch wide at a portion that fits across the tops of the breasts. The strap can be all of a uniform width, or the strap can be shaped so as to be wider at the portion that fits across the tops of the breasts. ~~Other arrangements are possible. Preferably, the strap is all of a single elastic material and the fastener is a velero fastener. The restraint can be adapted to be worn in addition to a bra. Alternatively, the strap of the restraint can be incorporated into a bra such as a sports bra~~